

Striking with the Feet

Kicking, foot dribbling, trapping, and punting are examples of striking skills using the feet. These striking skills involve applying a force to an object with the foot or leg and require good eye-foot coordination.

Striking with the feet can include kicking a stationary or moving object, like a small can or ball; tapping a ball under control, as in soccer dribbling and trapping; and punting, which is kicking a ball while it is in the air. These fundamental striking skills are used in sports like soccer, rugby union and rugby league. (Developing FMS Manual, Sport NZ).

Under Fives Activities



- Kick and chase balloons around the house.
- Tie a piece of string onto a balloon. Tie the balloon to the back of a chair. Ask them to kick the balloon. For older children tie the balloon to the top of the door. Stand on one foot and kick.
- Stack empty boxes one on top of the other. Kick the boxes over.
- Roll a ball to your child. Ask him to trap the ball with different body parts e.g., knee, foot, head etc.

Dribbling with the feet

- Practice dribbling a beanbag around on the ground - using both feet, inside and outside of feet.
- Practice dribbling a ball around on the ground - keeping control and using both feet, inside and outside of feet.
- Set up cones/rope as a pathway to dribble the ball through.
- Set up a cones to dribble the ball around and kick a goal at the end.

Fancy Feet

Movement skills/concepts

Dribbling and controlling a ball with the foot (feet), trapping a ball with the body and feet, space awareness. Can you ...?

- move the ball slowly, keeping it close to you, and stop it on the signal.
- using the inside/outside of your foot, tap the ball along the ground, stop on a signal and dribble in a different direction.
- roll the ball, run around in front, and stop it.
- dribble along lines and stop the ball on each corner.
- dribble freely and stop the ball on every line you come to
- dribble around cones spread out in the area in various patterns, (e.g., full circle, reverse direction, zigzag in and out of circle)
- when you meet someone, both stop your ball and give each other a 'high five'.

In pairs with a large ball:

- stop a ball passed by your partner and pass it back.
- stop a ball passed by your partner to your left/right and pass it back.
- stop a ball passed by your partner, pass it back and move to a different place for the next pass.
- see how many passes and stops you can do in 30 seconds.
- with a ball each, pass and stop without the balls colliding.
- one partner rolls the ball to try to score a goal (set up with two markers) and the other defends by trapping/stopping the ball; keep the competition fair by adjusting the width of the goal and the distance rolled.

Let's Discover Kicking

Movement skills/concepts

Exploring kicking, space and body awareness.

Can you kick a ball ...?

- forwards/backwards/sideways/diagonally.
- as hard/softly as you can.
- with a big leg swing/with no leg swing.
- so that it goes very quickly/slowly.
- without using your arms or while swinging arms backwards/forward.
- as far/near as you can.
- as high as you can/so it stays on the ground.
- to hit a target, (e.g., wall, large target, small target).
- over/under the goal.
- with your feet wide apart/with your other foot.



Kicking Star

Movement skills/concepts

Kicking a stationary ball, kicking at different levels, speed, and flow, kicking at a target, and relationships (with objects).

Set-up

Cones, ropes, tape/chalk to create shapes (targets) on wall/net, and a variety of balls (foam, plastic, rubber) for kicking.

Children spread around a level grass or court area (gym, hall, or outside court), facing a wall or net to kick towards.

A number of shapes are created as targets at different levels (ground, middle and high).

Activity

Can you ...?

- stand behind your ball and, using the inside part of your foot, kick it to the wall or net so that it comes back to you.

- practise kicking with one foot and then the other foot.
- practise kicking along the ground and then in the air.
- practise kicking with a run-up of three to five steps.
- practise kicking the ball at the different types of targets.
- once you hit a target twice in a row, take a big step back and try a further distance away.

Air Ball

Movement skills/concepts

Kicking a stationary ball for height and accuracy, space awareness and balance.

Set-up

A variety of balls for kicking, tape for shapes (targets) on wall/net.

A level grass or hard-court area with a wall/net around the perimeter.

Children are spread out, standing 3 metres in front of the wall/net.

Activity

Can you ...?

- when the ball is on the ground, place your foot underneath the ball and flick it in the air so that it hits the wall.
- practise walking/running up to the ball, kicking underneath the centre of the ball to the wall.
- practise the above with the inside of your foot using your toes try to hit one.